



### **The Challenge - Week 4**

It is time for week 4 of the 10 in 10 Challenge. You may now be noticing some healthy results of your dedication. Continue to press through these next few weeks as you further establish the habits that will improve your health and quality of life. For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks e-mails from [inshape.in.gov](http://inshape.in.gov) at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**



### **Weekly Nutrition Challenge #4**

**Eat 20-35 Grams of Fiber Everyday - Each day this week, make an effort to include more fiber rich foods in your diet. Make a conscious decision to include fruits and vegetables and whole grains with each meal or snack.**

Did you know that eating more fiber-rich foods may protect you from some forms of cancer, reduce your risk of heart disease, diabetes, and obesity? It may also keep your digestive systems healthy. In spite of these numerous benefits, most Americans eat less than half of the current recommendations of 20-35 grams per day! What foods can you eat to help increase your fiber intake? Most foods that come from plants will contain good amounts of fiber. Increasing the amount of fruits and vegetables you consume as well as including whole grains and dried beans regularly in your diet are good ways to ensure ample fiber in your diet. A final benefit to a high fiber diet is that it is high in vitamins, minerals, and phytonutrients, not to mention low in fat and calories!

High fiber foods include:

- Whole grain breads
- Fresh or dried fruits
- Broccoli and other dark green veggies
- Beans and peas
- Nuts and seeds



## Weekly Physical Activity Challenge #4

**Get loose with Yoga - Each day this week, dedicate an hour to a yoga routine. The average person will burn approximately 250 calories in 1 hour of yoga.**

Yoga participants experience many benefits to body, mind, and spirit. This gentle exercise can be undertaken by individuals of any fitness level. Through a series of positions, you can increase strength and flexibility while improving mental performance and reducing stress.

You can find a variety of yoga information that will allow you to see how interested you are in pursuing this activity from the resources below.

- At a fitness center that offers yoga classes
- On television, with stations that air yoga programs
- At the library, as well as book and video rental stores



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